

Domestic Abuse Warning Signs

- Have you ever been hit, pushed, grabbed, or threatened by your partner?
- Does your partner frighten or intimidate you?
- Have you told your partner that you are afraid of him/her?
- Have you shown fear in other ways?
- Are your children in fear of him/her?
- Does your partner insult you, call you names, or say things that make you feel uncomfortable?
- Does your partner pressure you to do things their way, make all the decisions, or try to control you?
- Does your partner have a history of violence, or being short tempered?
- When your partner treats you badly do they consider it to be your fault?
- Do they blame their anger on alcohol, stress or other problems?

Are you abused? Does the person you love . . .

- “Track” all of your time?
- Constantly accuse you of being unfaithful?
- Discourage your relationships with family and friends?
- Prevent you from working or attending group meetings or school?
- Criticize you for little things?
- Anger easily when drinking alcohol or taking drugs?
- Control all the finances and force you to account in detail for what you spend
- Humiliate you in front of others?
- Destroy personal property or sentimental items?
- Hit, punch, slap, kick, or bite you or the children?
- Use, or threaten to use, a weapon against you?
- Threaten to hurt you or the children?
- Force you to engage in sex against you will?

If you answer “yes” to even a few of these questions, it's time to get help!!

If you are hurt, what can you do?

There are no easy answers, but there are things you can do to protect yourself:

- Call the police or sheriff. Assault, even by family members, is a crime. The police often have information about shelters and other agencies that help victims of domestic violence.

- Leave, or have someone come stay with you. Go to a battered-woman's shelter – you can call a crisis hotline in your community, or a health center, to locate a shelter. If you believe that you and your children are in danger, leave immediately!
- Get medical attention from your doctor or a hospital emergency room. Ask the staff to photograph your injuries and keep detailed records in case you decide to take legal action.

Don't ignore the problem!

- Contact your family court for information about a civil protection order that doesn't involve criminal charges or penalties.
- Talk to someone. Part of the abuser's power comes from secrecy. Victims are often ashamed to let anyone know about intimate family problems. Go to a friend or neighbor, or call a domestic-violence hotline to talk to a counselor.
- Plan ahead and know what you will do if you are attacked again. If you decide to leave, choose a place to go, and set aside some money. Put important papers together – marriage license, birth certificate, checkbooks, savings account books, social security cards, insurance information – in a place where you can get them quickly.
- Learn to think independently. Try to plan for the future and set goals for yourself.

Have A Plan / Dangers

- Have a safety plan
- Pre-arrange for a place to go if you are planning on leaving your abuser.
- One of the most dangerous times for the victim is when they are terminating the relationship. Plan to break it off in a public place with a lot of people around.
- Obtain a restraining order as soon as possible.
- Change your locks
- Seek emergency shelter if you don't feel safe at home
- Change your routine
- Inform the people you work with / for
- Avoid isolated areas